

## Outcome of yogic practices on resting pulse rate of middle aged men

**Dr. T Prabakaran**

Assistant Professor, Department of Physical Education & Sports Sciences, Annamalai University

**Abstract**

The present study was undertaken primarily to assess the effectiveness of yogic practices on Resting pulse rate. For the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week.

A stopwatch, pencil and score sheet was used to assess the pulse rate at rest. The results of this study showed that there was a significant difference between yogic practice group and control group on resting pulse rate. Moreover, the result of the study also shown that there was a significant decrease in resting pulse rate after the yogic practice when compared with the control group.

**Keywords:** yogic practices, resting pulse rate, middle aged

**Introduction**

Yoga has also been described as wisdom in work or skillful living amongst activities, harmony and moderation. “Yoga is not for him who gorges too much, nor for him who starves himself. It is not for him who steps too much, nor for him who stays awake. By moderation in eating and resting, by regulation in working and by concordance in sleeping and waking, yoga destroys all pain and sorrows”.

Yoga is an ancient philosophical and religious tradition which is thought to have originated in India in at least 1000 B.C. It refers to a large body of values, attitudes and techniques whose primary objective is the pursuit of enlightenment or self-knowledge. The word yoga is probably derived from the Sanskrit word “Yuj” which means to “unite” or “connect” and, in the higher levels of yoga, this is often said to mean the experience of union of the individual self with the universal self.

**Methodology**

The present study was undertaken primarily to assess the effectiveness of yogic practices on resting pulse rate. For the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to

Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week.

**Variables**

**Pulse Rate**

**Purpose**

The purpose of the test was to find out the pulse rate at rest of the individuals.

**Instrument**

A stopwatch, pencil and score sheet was used to assess the pulse rate at rest.

**Procedure**

The pulse rate of the subject was recorded in the sitting position. Before taking the normal pulse rate the subject was asked to relax in a sitting position for 30 minutes. The pulse rate was taken at the radial artery at the wrist in such a manner that palpitation was clearly felt by the fingertips.

**Scoring**

The measurement of palpitation was counted for one minute.

**Resting Pulse Rate**

The data collected prior to and after the experimental period on resting pulse rate for yogic practice group and control group were analysed and presented in Table - I.

**Table I:** Analysis of Covariance on Resting Pulse Rate of Yogic Practice Group and Control Group

	<b>Yogic Practice Group</b>	<b>Control Group</b>	<b>Source of Variance</b>	<b>Sum of Square</b>	<b>df</b>	<b>Mean Square</b>	<b>‘F’ ratio</b>
Pre- test	83.47	82.80	Between	3.333	1	3.333	0.340
Mean S.D.	2.875	3.364	Within	274.133	28	9.790	
Post-test	81.93	83.47	Between	17.633	1	17.633	1.798
Mean S.D.	2.963	3.292	Within	274.667	28	9.810	
Adjusted Post-test Mean	81.614	83.786	Between	34.976	1	34.976	41.78*
			Within	22.604	27	0.837	

\* Significant .05 level of confidence.

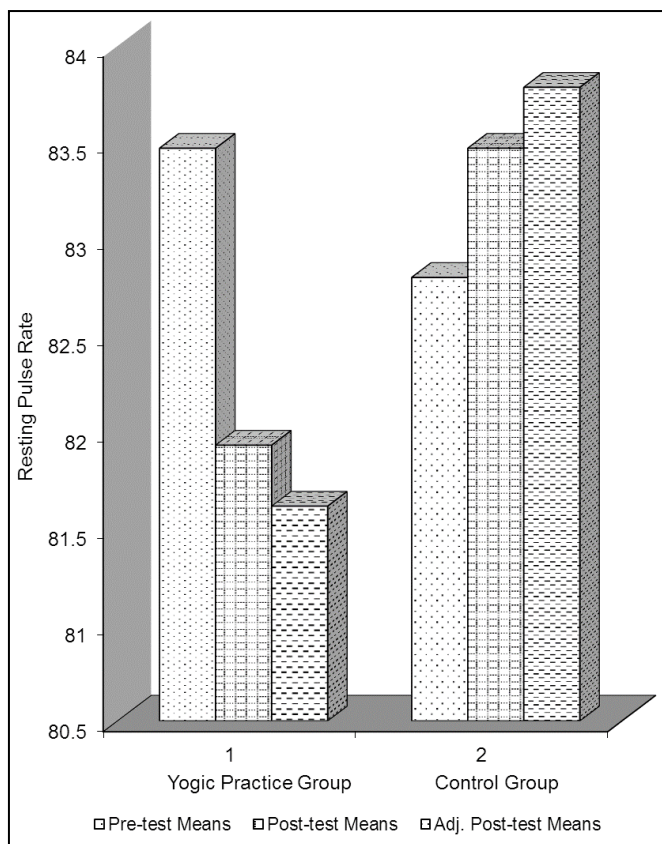
(The table values required for significance at .05 level of confidence with df 1 and 28 and 1 and 27 were 4.20 and 4.21 respectively).

Table - I showed that the pre-test mean values of resting pulse rate for yogic practice group and control group were  $83.47 \pm 2.875$  and  $82.80 \pm 3.364$  respectively. The obtained 'F' ratio value of 0.340 for pre test scores of yogic practice group and control group on resting pulse rate was less than the required table value of 4.20 for significance with df 1 and 28 at .05 level of confidence.

The post-test mean values for resting pulse rate for yogic practice group and control group were  $81.93 \pm 2.963$  and  $83.47 \pm 3.292$  respectively. The obtained 'F' ratio value of 1.798 for post-test scores of yogic practice group and control group was lesser than the required table value of 4.20 for significance with df 1 and 28 at .05 level of confidence.

The adjusted post-test mean values of resting pulse rate for yogic practice group and control group were 81.614 and 83.786 respectively. The obtained 'F' ratio value of 41.78 for adjusted post-test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance with df 1 and 27 at .05 level of confidence.

The mean values of yogic practice group and control group on resting pulse rate were graphically represented in Figure - I.



**Fig I:** Bar Diagram Showing the Mean Values of Yogic Practice Group and Control Group on Resting Pulse Rate

**Result**

The results of this study showed that there was a significant difference between yogic practice group and control group on resting pulse rate. Moreover, the result of the study also shown that there was a significant decrease in resting pulse rate after the yogic practice when compared with the control group.

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